## City of Miami Beach 2012 Wellness Schedule

Date	Event/Activity/Campaign
May 23 <sup>rd</sup> 10:30 am to 11:30 am City Hall 1 <sup>st</sup> FL Conf. Room	<ul> <li>Health Related Seminar - Nutrition and Physical Activity</li> <li>Humana will provide Handouts and Giveaways for participants</li> <li>Healthy Snacks will be provided</li> <li>Gift Card Raffle for participants</li> </ul>
June 20 <sup>th</sup> 3:30 pm to 4:30 pm City Hall 1 <sup>st</sup> FL Conf. Room	<ul> <li>Humana Wellness Seminar - Employee Assistance Program (EAP)</li> <li>Work-Life Program available for all employees</li> <li>Humana will provide Handouts and Giveaways for participants</li> <li>Healthy Snacks will be provided</li> <li>Gift Card Raffle for participants</li> </ul>
July 25 <sup>th</sup> 10:30 am to 11:30 am City Hall 1 <sup>st</sup> FL Conf. Room	<ul> <li>Health Related Seminar – Blood Pressure and Cholesterol</li> <li>Humana will provide Handouts and Giveaways for participants</li> <li>Healthy Snacks will be provided</li> <li>Gift Card Raffle for participants</li> </ul>
August 22 <sup>nd</sup> 3:30 pm to 4:30 pm City Hall 1st FL Conf. Room	<ul> <li>Health Related Seminar - Diabetes</li> <li>Humana will provide Handouts and Giveaways for participants</li> <li>Healthy Snacks will be provided</li> <li>Gift Card Raffle for participants</li> </ul>
September 19 <sup>th</sup> 10 am to 3 pm  City Hall 1 <sup>st</sup> FL Conf. Room	<ul> <li>Health Fair</li> <li>Biometric Screenings</li> <li>Skin Screenings</li> <li>Vision Screenings</li> <li>Bone Density Screenings</li> <li>Body Fat Analysis</li> <li>Chair Massage</li> <li>Posture Screening</li> <li>MetLife Table w/ handouts and giveaways</li> <li>EyeMed w/ handouts and giveaways</li> <li>Humana Table w/ handouts, giveaways and healthy snacks</li> <li>Gift Card Raffle for participants</li> </ul>
October City Hall 1 <sup>st</sup> FL Conf. Room	<ul> <li>Flu Shot Clinics – Free flu shots for employees with the Humana Insurance.</li> <li>October 24<sup>th</sup> from 9:30 am to 12:30 pm</li> <li>October 25<sup>th</sup> from 1:30 pm to 3:30 pm</li> </ul>
December 19 <sup>th</sup> 3:30 pm to 4:30 pm City Hall 1 <sup>st</sup> FL Conf. Room	<ul> <li>Health Related Seminar – Bone Health</li> <li>Handouts and Giveaways for participants</li> <li>Healthy Snacks will be provided</li> <li>Gift Card Raffle for participants</li> </ul>